

MENU PLAN: Regular Low Salt

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Menu Week #1	<i>Cream of Cauliflower</i> Beef Stew Roast Potato Vegetables <i>Lemon Square</i>	<i>Vegetable Soup</i> Chicken Supreme Pasta Prima Vera Vegetables <i>Butterscotch Pudding</i>	<i>Roasted Eggplant</i> <i>Vegetable Soup</i> Salmon Roll Pasta Grilled Tomato <i>Fruit Salad</i>	<i>Chicken Noodle</i> Hungarian Chicken Noodles Vegetables <i>Fruit Muffin</i>	<i>Tomato Rice</i> Teriyaki Meat Balls Mashed Potato Vegetables <i>Choc Chip Cookie</i>
Menu Week #2	<i>Vegetable Barley Soup</i> Curried Chicken Turmeric Rice Vegetables <i>Chocolate Pudding</i>	<i>Mushroom Soup</i> Beef Stroganoff Egg Noodles Green Beans <i>Fruit Cocktail</i>	<i>Chicken Vegetable Soup</i> Poached Fish Basmati Rice with Mushrooms Mixed Vegetables <i>Peanut Butter Cookie</i>	<i>Mulligatawny</i> Roast Turkey Mashed Potatoes, Stuffing, Gravy Vegetables <i>Chocolate Cake</i>	<i>Split Pea</i> BBQ Meatloaf Pasta and Vegetable <i>Fruit Crisp</i>
Menu Week #3	<i>Carrot Soup</i> Sweet & Sour Chicken Mixed Rice & Peas <i>Muesli With Yoghurt</i>	<i>Roasted Red Pepper Soup</i> Lamb Souvlaki Eggplant Parmesan Roast Potatoes <i>Poached Pears</i>	<i>Seafood Chowder</i> Shepherd's Pie Grilled Tomato <i>Vanilla Custard</i>	<i>Cream of Broccoli</i> Chicken Chow Mien Vegetables <i>Cheesecake</i>	<i>Corn Chowder</i> Chilli Con Carne Parsley Potato Vegetables <i>Lemon Cake</i>
Menu Week #4	<i>Cream of Vegetable</i> BBQ Meat Balls Parsley Potato Vegetables <i>Jell-O and Fruit</i>	<i>Roasted Tomato Soup</i> Greek Chicken Lemon Potatoes Roasted Vegetables <i>Fruit Tart</i>	<i>Boston Clam Chowder</i> Catch of the Day Fried Potatoes <i>Butter Tart</i>	<i>Navy Bean Soup</i> Roast Turkey Dinner Stuffing, Mashed Potatoes, Gravy, Vegetables <i>Pumpkin Cake</i>	<i>Minestrone</i> Lasagne Vegetables <i>Diet Cookie</i>
Weekly Sandwich	Turkey & Fruit	Vegetarian & Fruit	Tuna Salad & Fruit	Egg Salad & Fruit	Chicken Salad & Fruit